

Pork Tenderloin

2 pound pork tenderloin
1 tablespoon minced onion
1 teaspoon sodium-free beef bouillon
1/2 teaspoon onion powder
1/8 teaspoon black pepper
1/8 teaspoon paprika
1 cup water
3/4 cup red wine
3 tablespoons minced garlic
3 tablespoons soy sauce—low sodium

Place pork tenderloin in a slow cooker. Add minced onion, bouillon, onion powder, pepper, paprika, water, wine, and soy sauce; turning the pork to coat. Carefully spread garlic over the pork, leaving as much on top of the roast during cooking as possible. Cover and cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus. Makes six servings.

Nutrition information per serving: 180 calories, 25 grams protein, 4 grams fat, 6 grams carbohydrate, 211 mg sodium.